

Salmon Patties

Rating: ★★☆☆

Makes: 9 servings

Ingredients

- 1 **can** salmon (15 1/2 ounce, drained)
- 1 **cup** cereal or crackers (whole-grain, crushed)
- 2 egg (large, - lightly beaten)
- 1/2 **cup** milk (1%)
- 1/8 **teaspoon** black pepper
- 1 **tablespoon** vegetable oil

Directions

1. Use a fork or clean fingers to flake salmon until very fine.
2. Crumble cereal or crackers into crumbs.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon.
4. Mix thoroughly.
5. Shape into 9 patties.
6. Heat oil in a skillet.
7. Over medium heat, carefully brown both the sides until patty is thoroughly cooked.

Notes

Replace the salmon with canned tuna fish. For fun, do a combination of the two!

Other optional additions to patties: 1/2 teaspoon lemon

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	110	
Total Fat	4.5 g	7%
Protein	12 g	
Carbohydrates	5 g	2%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	270 mg	11%

pepper, 1/4 cup finely minced celery, 1 Tablespoon finely minced bell pepper, 1/3 cup chopped onion, and/or 4 green onions, finely chopped.

Missouri Nutrition Network, Eat for Health ToolkitOptional Additions from: ONIE Project & Colorado State University Extension